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In the claims:

Please amend the claims as shown below:

1. (Currently amended) A method of receiving a bullet,
5 comprising:
providing a plate structure ~~(62)~~ having an airtight enclosure
~~(64)~~ enclosing high performance fiber layers ~~(66)~~, a hard
layer ~~(68)~~, a textile layer ~~(70)~~ having openings defined
therein and a semi-solid layer ~~(72)~~;
10 a bullet penetrating through the airtight enclosure ~~(64)~~;
increasing a pressure and expanding a volume inside the
airtight enclosure;
the increased pressure and volume separating the layers ~~(66)~~
from the hard layer ~~(68)~~ and the textile layer ~~(70)~~ from the
15 hard layer ~~(68)~~;
the hard layer ~~(68)~~ deforming the bullet;
the textile layer ~~(70)~~ attaching to the bullet to follow the
bullet; and
the semi-solid layer ~~(72)~~ sticking to the bullet.
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2. (Currently amended) The method according to claim 1
wherein the method further comprises inserting the plate
structure ~~(62)~~ into a pocket ~~(50)~~ of a vest ~~(10)~~.
- 25 3. (Currently amended) The method according to claim 1 wherein
the method further comprises attaching a side plate ~~(38, 40)~~
to a lower edge ~~(42)~~ of the vest ~~(10)~~.
- 30 4. (Currently amended) The method according to claim 1
wherein the method further comprises the increased pressure
expanding the enclosure ~~(64)~~ to create room between the layers
~~(66, 68, 70)~~.
5. (Currently amended) The method according to claim 1

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wherein the method further comprises providing the plate structure ~~+62+~~ with a polymeric layer ~~+80+~~ having a plurality of air-bubbles ~~+82+~~.

5 6. (Currently amended) The method according to claim 5 wherein the method further comprises the polymeric layer ~~+80+~~ transversely spreads out penetration energy of the bullet.

10 7. (Currently amended) The method of claim 1 wherein the method further comprises placing a trauma plate ~~+84+~~ behind the plate structure ~~+62+~~.

15 8. (Currently amended) The method of claim 1 wherein the method further comprises removably attaching a gas mask bag ~~+54+~~ on a rear section ~~+44+~~ of the vest ~~+10+~~.

20 9. (Currently amended) The method of claim 1 wherein the method further comprises the textile layer ~~+70+~~ being a woven fiberglass, the woven fiberglass attaching to the bullet and the semi-solid material ~~+72+~~.

25 10. (Currently amended) The method according to claim 1 wherein the method further comprises providing a second textile layer ~~+74+~~ and a second semi-solid layer ~~+76+~~, the layer ~~+74+~~ and the layer ~~+76+~~ sticking to the bullet.